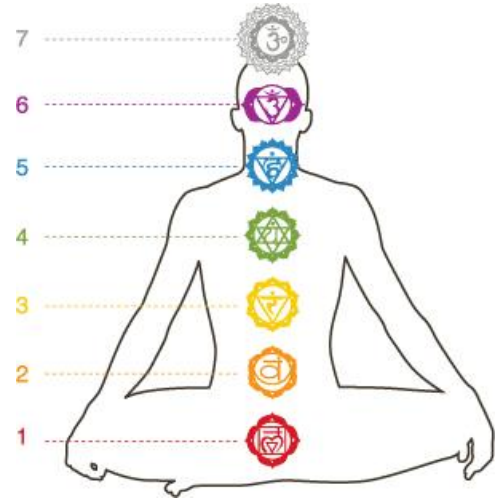


For more detailed information, please consult:

Chek, Paul. *How to Eat, Move and Be Healthy!*. 2004, C.H.E.K. Institute Publication: San Diego.

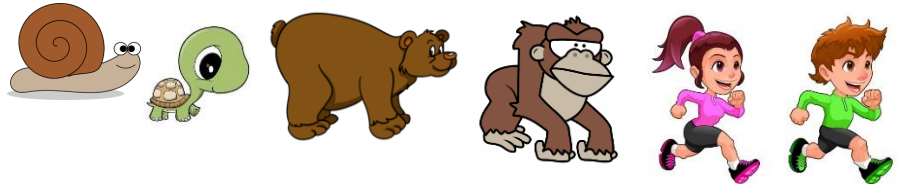
1) Zone Exercises (a.k.a. Chakra System)

- a. Warm-up with Surya Namaskar (Salute to the Sun Energy)
- b. Prone Position
 - i. "Superman" → Zone 1
 - ii. Prone Cobra → Zone 4
 - iii. Leg Raise → Zone 1
 - iv. Extended Table → Zone 3
- c. Supine Position
 - i. Hip Extension (a.k.a. Bridge Pose) → Zone 1
 - ii. Alternating Leg Drop (Butterfly) → Zone 2
 - iii. Fish → Zone 4
 - iv. Leg Tuck → Zone 2
- d. Standing Position
 - i. Pelvic Rock → Zone 2
 - ii. Wood Chop → Zone 3
 - iii. Neck Rotations → Zone 5
 - iv. Thoracic Mobilization → Zone 5
 - v. Cross Crawl → Zone 6
- e. Sitting Position
 - i. Alternate Nostril Breathing → Zone 6



2) Infant Development (a.k.a. Evolution through the animal kingdom)

- a. Supine Rolls
- b. Prone Swim & Cobra
- c. Crawl & "Bear Walk"
- d. Walking



3) Modified Primal Pattern (Key Movement Series)

- a. Squat
 - i. Goblet Squat
 - ii. Yogi Squat
 - iii. One-legged Squat (raised platform)
- b. Lunge
 - i. Stationary Lunge
 - ii. Alternating Lunge
 - iii. Walking Lunge
- c. Push
 - i. Wall Push-up
 - ii. Partner Resistance
- d. Pull
 - i. Cable Row & Fly
 - ii. Cable Pull (Anterior deltoids)

